

# COACH BERRY'S STUDIO

## DARE TO BE FIT NEWSLETTER

Weight loss Strength Training Cardio Flexibility Endurance Energy Nutrition Sports



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Just one click away to becoming a **BETTER YOU!**  
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**Amazing Results! Age is just a number at DARE TO BE FIT STUDIO.**



**WOW!** Just take a look at Tara on the left at 42 and mother of 4 children. She looks as healthy and fit as Chelsea on the right who is 24 and no children. Age is only a number at Dare to be Fit, *The Fountain of Youth*. **See before shots and read the full story at [www.rb-berry.com](http://www.rb-berry.com)**

**Champions are made, not born! Stephanie, 40, placed in her very first competition after**

### How To Get Everything You Want in 2012

Here's to a Happy New Year and to getting everything that you want out of 2012.

Today you have a clean slate with a brand new year spread out in front of you, filled with endless possibilities.

How will you harness your potential to create the very best you? I recommend using the teachings of Dr. Maxwell Maltz in his legendary book 'The New Psycho-Cybernetics'.

Dr. Maltz created the original science of self improvement and success, so who better to turn to when you're ready to take your life to another level. His teachings have stood the test of time.

Take the following and get all that you want out of 2012:

#### 1) Use Your Imagination

If you thought that imaginations were only valued in preschool, think again. One of the key points in 'The New Psycho-Cybernetics' is the technique of using your imagination to reprogram and manage your self image.

You may have been exposed to self improvement strategies that tell you to 'act as if' or to 'fake it till you make it.' Those typically don't work because your self image is still the same.

According to Dr. Maltz, your self image is the key to changing your actions and habits. If you want to lose 50 pounds, you first have to think of yourself as someone 50 pounds lighter.

Spend time in your imagination. See yourself 50 pounds lighter. Experience a day in your life at this slimmed down size. Imagine everything down to the smallest detail.

According to Dr. Maltz, this imagination time will begin to change your self image to that of a person 50 pounds lighter, and your actions and habits will fall into place.

#### 2) Reject Negative Thoughts

Negative thoughts will undoubtedly arise as you use your imagination to see your ideal self. "I'm not really going to lose 50 pounds." "I've tried losing weight before and it never

**training at Dare to Be Fit with Coach Berry and his knowledgeable staff of trainers.**



When Stephanie first came to Coach Berry she was not only overweight but was also suffering from such severe back pain she could not even stand to brush her teeth without holding on to the basin. There is no pain now as Stephanie is extremely physically active being a mother, career woman and wife. **Full story and more photos at [www.rb-berry.com](http://www.rb-berry.com)**

**Positive results everytime inspires everyone who joins Dare to Be Fit. Who wouldn't be excited to look like this?**

works. I'm always going to be overweight." "This imagination stuff is bogus. It won't work for me."

Dr. Maltz says that the instant you receive a negative thought simply dismiss it. Don't spend any time on it at all.

The quicker that you dismiss negative thoughts, the less impact they will have on your self image. Also you'll find that fewer and fewer negative thoughts arise once you get into the habit of dismissal.

### **3) Be Nostalgic For The Future**

It's so easy to be nostalgic for the past, especially when you only remember the good stuff. But what good does it do for you to wish for things that are long gone?

Dr. Maltz recommends developing nostalgia for the future.

In your imagination you've already lost the 50 pounds, so start pinning for the future! Your self image will lock onto that picture and your nostalgic feelings will fuel the fire.

### **4) I'm The Kind Of Person That...**

What kind of person are you?

- I'm the kind of person that loves sweets.
- I'm the kind of person that hates exercise.
- I'm the kind of person that can't lose weight.

OR

- I'm the kind of person that eats fresh and healthy food.
- I'm the kind of person that keeps fit.
- I'm the kind of person that maintains an ideal body weight.

Your self image will fulfill any label that you put on yourself. The power is all in your hands.

What kind of a person do you want to be in 2012?

If losing weight is something you'd like to do this year, then call or email to set up a consultation. I'm the kind of person who LOVES to see clients like you achieve their goals!

## **Listen and Learn**

Download 'The New Psycho-Cybernetics' to your phone or ipod and listen as you commute to work or as you take a brisk walk. The more you listen the more you'll learn.

2012 is about to get a whole lot more exciting.

## **Sesame Chopped Salad**

- 1 cup cabbage



Tracey, 39 is an active mother and has a full time career. She has achieved peak performance in her running surpassing her previous records. While at [Dare to Be Fit](#), Tracey has increased her strength, stamina and cuts a fine feminine figure that is well toned and curvaceous.

**You do not have to lose your youthful vitality, vigor or form. Hundreds of my clients have found their 'fountain of youth' here at Dare to Be Fit.**



Marilyn, pictured here at 60 years young completed the Carlsbad Marathon at age 62, placing 6th in her age category.

- 1 carrot
- 1 green onion
- 1 Tablespoon fresh cilantro
- 1 Tablespoon sliced almonds
- 2 teaspoons sesame low fat dressing
- 1/2 cup cooked chicken breast



1. Chop the cabbage, carrot, onion and cilantro into very small pieces. Add the almonds and toss with dressing.
2. Top with chopped chicken breast.

**Nutritional Analysis:** One serving equals: 276.5 calories, 7.5g fat, 468mg sodium, 27g carbohydrate, 7g fiber, and 26g protein.

**Motivate your friends, family and co-workers!** Use the "refer a friend" link below to forward this newsletter and subscribe your friends.

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**JUMP START THE NEW YEAR -SPECIAL OFFER! It has been shown that people who reach their goals use daily dairies. Get yours and get started on the 60 day challenge!**

Amazing? No just possible with the right trainer and facilities. She lost over 40 pounds trimming body fat index from 33% to 18%.



I'm Coach Berry at 55 and my question to you is... ***"Who else wants to acheive amazing result like those of my clients pictured above?"***

Just click on **"HELP LIKE YOU HAVE NEVER HAD BEFORE"** in the pink box at the very top of this newsletter. Great! You have just taken the frist step toward acheiving better health and a smoking body. Fill out the form with

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**[Click here](#)** to view video on online services then **[CALL](#)** Coach Berry for your personal account and get started now!

your name and email and I will be assisting you reach your health and fitness goals.

R B Berry

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**See videos, photos and more fitness info on my website! Click below or enter [www.rb-berry.com](http://www.rb-berry.com) in your browser**

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